The Mind I Couldn't Silence

A personal story

It’s a story of an overthinking girl, and I would be very happy to see it reaching people everywhere. It doesn’t start with anything bizarre, but in brief, I can say that it’s a reality where we get stuck and, day by day, give it more liberty to ruin our minds.

So, before anything happens, let’s begin…

I’ve been overthinking for the past few months, and it soon became my habit, I would say. It really deteriorated my mind and my health as well.

“I used to hear about overthinking, but I never really paid much attention to it or took it seriously until it was my turn to become a victim of it.”

I never thought that this word, “overthinking,” would one day completely ruin my sanity.

After my 12th boards, I was preparing for an exam that I cleared, but because of low marks in one of my subjects, I got very disappointed, as my college selection was based on it.

But I accepted it gracefully and thought, No issue, I’ll still wait.

Meanwhile, I abruptly stopped working on myself during my college counselling and other miscellaneous things. I kept thinking, Will I be able to go to college this year, or will I have to take a drop?

Every single day, these thoughts used to overwhelm me.

I had my loved one around, but I wished not to have conversations with anybody—not even with my family members.

I was not doing well from the inside. I was going through something that I myself didn’t understand.

I had maintained distance from one of my closest friends because I had only one thought going through my mind every time: How will I face everyone if I don’t get a good college?

I started living in my overthinking zone, and somehow, I was trying my best to be good with everyone. But there was something that resisted me from getting over all those thoughts.

I didn’t want to feel that way anymore, but those sleepless nights only made it worse.

I used to bitterly cry over small actions and little things.

And the most important thing is that not every time will you have people around you. So, yeah, there's only one person left sometimes—you.

What I was dealing with and facing at that time was entirely different from what everyone was assuming and thinking about me.

I wasn't even able to take out all my bottled-up emotions.

It was like I used to get zoned out whenever I tried to engage myself in something better.

I think maybe for some people, overthinking is just a small term, or maybe they don't take it seriously. But the ones who go through it know how it feels to have a mind filled with such dominating thoughts.

I actually learned so many things, and I really want to enumerate a few of them.

Firstly, don't let yourself stay idle.

Don't let anything take over your mind because once it starts, it will keep on going.

Don't force yourself to figure out, Why is this thought coming? Instead, simply evaluate it and take your time.

Don't ever burden yourself with prolonged thoughts because, in the end, they leave you with nothing but an unhealthy mind.

Keep yourself busy as much as you can, and avoid surrounding yourself with people who can't give you a positive outlook.

You know where I made a mistake?

I kept letting things get into my head.

And when you start overthinking and make it a habit, I don't know whether you'll face this or not, but you end up becoming distant from your close ones.

Thinking is good, but don't make it your own enemy by giving it too much attention and turning yourself into an overthinker.